

Operating Instructions

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Synchro | A-Synchro



INS063

1



Seat Height (Max. User Weight - 150kgs)
Lighten load. Lift lever to adjust. Push to lock.

2



Seat Tilt (A-Synchro Only)
Lift lever to adjust. Tilt seat. Push to lock.

5



Body Weight
Turn knob. Clockwise = increase. Anti = decrease.

6



Back Height: Step by Step
Lift back to adjust. Back drops down when at top.

3



Seat & Back Tilt (Synchro Only)
Lift lever. Tilt seat and back. Push to lock.

4



Back Rake (A-Synchro Only)
Lift lever to adjust. Tilt back. Push to lock.

6



Back Height: Button
Lift button to adjust. Release button to lock.

6



Back Height: Handwheel
Loosen to adjust. Tighten to lock.



Arm Height: Step by Step (Optional)
Lift arm to adjust. Arm drops down when at top.



Arm Height: Button (Optional)
Press or lift button. Lift arm and release to lock.



Arm Pad Depth
Slide pad to adjust.



Fold Away Arms
Press button. Fold arm backwards (or forwards).



Head Rest: Fully Adj. (Optional)
Lift and tilt head rest to required position.



Head Rest: Tilt (Optional)
Tilt head rest to required position.



Arm Width (Optional)
Loosen bolt/toggle to adjust. Tighten bolt/toggle.



Arm Pad Pivot (Optional)
Twist pad left or right to adjust.



Seat Depth (Optional)
Lift lever or push button. Slide. Release to lock.



Inflatable Lumbar (Optional)
Squeeze to inflate. Press valve button to deflate.

Adjusting Your Chair

Our chairs are designed with an individuals requirements in mind. We understand that your requirements may not be the same as a colleagues'.

Using this quick guide you can adjust your chair to suit your own individual needs. NB. Your chair may be fitted with options.

Ergonomic Information

We recommend you visit www.chairops.co.uk for further details.

On this site we have also provided information on the correct sitting posture where you can read our ergonomic guidelines for adjusting your chair.